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The sequester's effects on SU
Cuts to research and federal student aid are expected unless Congress acts.

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Gull Life
Furniture and funding
A local business helps students while also reaching out to struggling families.

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Sports
Get in shape with UFC group fitness
Obtain the ultimate spring break bod with cardio and agility training at UFC.

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THE FLYER

Salisbury University's student voice

Volume 42, Issue 5

March 5, 2013

Online exclusives at www.thesuflyer.com

Salisbury City Council Election Results

Districts 1 and 2 of the City of Salisbury held municipal elections for city council seats on Feb. 26. The chart below shows the number of votes each candidate received.

DISTRICT 1 DISTRICT 2

Shields- 69	Day- 836
Polk- 62	Campbell- 313
Jackson- 61	Heath- 218

Nursing students attain highest passing rate in Md.

BY COREY NETHEN
Staff Writer

Salisbury nursing students have yet again earned the highest pass rates in Maryland on the registered licensing exam, or NCLEX.

With 97.26 percent of students passing on the first try, SU's results top those of John Hopkins University and the University of Maryland, according to Maryland Board of Nursing data for 2011-2012.

The high-stakes computerized exam can take up to six hours to complete and its level of difficulty adapts to each student's level of competency, making no two tests alike.

"Some students may answer the hardest 75 questions correctly and complete it, while others could face up to 265," said Dr. Lisa Seldomridge, nursing department chair. "It's really like a marathon; it requires endurance."

Seldomridge said there is no single component that produces these results, but rather a combination of her motivated and hardworking students, faculty and the curriculum that they follow.

"Everyone works really well together and the communication between the faculty is very open," said senior nursing student Marina DiMattia. "They work hard to keep you in a good environment that will maintain your focus."

Students have the chance to practice dealing with unusual circumstances in a risk-free medical simulation center.

See **NURSING** on Pg. 2

Cat Country radio-thon raises money for St. Jude



Photo by Jasmine Clay

97.5 morning show co-hosts Dixie Kelly and Brian K. Hall will use their on-air personalities to raise money for children's cancer research.

BY JACOB TROXELL
Staff Writer

Over 363,000 children were diagnosed with cancer in 2009, according to the American Cancer Society, and this upcoming Thursday and Friday the people of Salisbury will have the opportunity to help children with cancer and perhaps save lives in just a few minutes.

From 6 a.m. to 6 p.m., WMDT-47 and Cat Country Radio are hosting their 15th annual radio-thon on 97.5 FM radio, where students and community members can donate an amount of their choosing to St. Jude Children's Research Hospital, starting at just \$20.

All of the money being donated during

the radio-thon is going to the St. Jude Children's Research Hospital, which is located in Memphis, Tenn. The St. Jude mission is "to find cures for children with cancer and other life-threatening diseases through research and treatment," according to its website.

The research St. Jude has completed over the past 40 years demonstrates the significance that it adds to the scientific community and those who are affected by cancer. Since 1962 the cancer survival rate for children diagnosed with Acute Lymphoblastic Leukemia, or blood cancer, has increased by 90 percent with an overall 94 percent survival rate.

Another common childhood cancer, Non-Hodgkin Lymphoma, or cancer of

infection-fighting cells, has become more curable by St. Jude, with an 80 percent survival rate in 2013 compared to a 7 percent survival rate in 1962, according to St. Jude Children's Research Hospital's website.

Dixie Kelly, co-host of 97.5's Morning Show and Assistant of Operations, said St. Jude shares all of its findings, which benefits not only their treatment of cancer, but also the greater community's.

"No matter where you live, if St. Jude has something that might work for your child...your doctor can use it," said Kelly, who is one of the announcers on the air during the Radio-thon.

See **RADIO-THON** on Pg. 2

Possible tuition hike aims to make SU campus 'green'

BY SARAH KRAUSS
News Editor

In an attempt to make Salisbury University a more energy efficient place to receive an education, a \$4 increase in tuition has been proposed to bring greener solutions to the campus.

Student Government Association's Vice President of Sustainability Michael Bengston spearheaded the Sustainability Proposal, which will add an initial \$4 to the Student Activities fee and will increase by \$2 a semester until the addition reaches its maximum \$12 total.

The Student Activities fee is the only fee that requires student approval to increase.

Bengston, a junior environmental studies major, said the fee will not only provide infrastructural solutions on campus, like the hydration stations already located in some of the academic buildings, but also bring education to students, so they can understand how intertwined they are with the environment.

"Even though students graduate, energy efficiency still affects them, (and) education is key to understanding how to change," Bengston said. "We want our campus to be forward thinking, not just in the next five years, but looking at the bigger picture."

If passed, the proposal will gather money to be allocated by an appropriations committee for sustainability projects. Students will then decide where their money goes and

what types of energy efficient changes will be brought to campus, from the beginning stages of planning to physical implementation.

Similarly-goaled projects have already been brought to SU. Newly constructed and renovated buildings, like the Perdue Business school, Wayne Street Parking Garage and freshmen dorms, are LEED certified, recognized for "lowering operating costs and increasing asset value, reducing waste sent to landfills, conserving energy and water, being healthier and safer for occupants, reducing harmful greenhouse gas emissions, (and) qualifying for tax rebates, zoning allowances and other incentives in hundreds of cities," according to the U.S. Green Building Council's website.

Bengston said the implementation of the sustainability proposal will have these same goals in mind.

"The proposal will make SU attractive and be a better feel for a campus that cares about the global community, not just about the 8,000 students who go here," Bengston said.

SU's Chief Budget Officer Alan Selser said the fee has traditionally been used for bringing entertainment to campus, but he is interested in how the proposal will benefit students and the university.

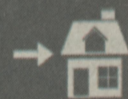
"I am hoping the ideas are supportive to what we are already doing," Selser said. "We've done recycling; we're good at that. We aren't just filling up the landfill."

See **SUSTAINABILITY** on Pg. 2

SALISBURY TUITION PROPOSAL

GOING GREEN

A four-dollar increase in tuition has been proposed to bring greener solutions to the campus.



IN-STATE TUITION: \$5,576



OUT OF STATE TUITION: \$13,922

BREAKDOWN



TECHNOLOGY FEE: \$196



ATHLETIC: \$640



FACILITIES USE: \$860



STUDENT ACTIVITY FEE: \$112



STUDENT UNION OPERATION: \$260



STUDENT RECREATION FEE: \$56

Proposed change will increase activity fee by \$4

PROPOSED CHANGE IN IN-STATE TUITION: \$5,576 + \$4 = \$5,580

OUT OF STATE TUITION: \$13,922 + \$4 = \$13,926

Lindsey Swink graphic

Information provided by Chief Budget Officer Alan Selser and Vice President of Student Affairs Dane Foust.

SUSTAINABILITY

Selser said the fee has not increased since the addition of the University Writing Center.

"I would encourage (the committee) to not overestimate costs," Selser said. "You can always petition for more money if needed."

The proposal would not go into effect until the fall of 2014, Selser said, because changes in tuition typically take a year or two to implement.

Student reactions to the suggested monetary increase are split, with some saying that education is already too expensive and the added increase would only worsen the situation.

Students like senior environmental studies major Samuel Jacobson see the proposal as a necessary step in understanding how humans interact with the environment.

"Most campuses are extremely inefficient in their energy conserva-

tion abilities," Jacobson said. "Simply by turning off computers at night in areas that are not open to the public could save hundreds of thousands in energy costs."

Jacobson said he would definitely support a \$4 increase in tuition for sustainability projects.

"Considering that we live in a world of finite resources, it is important to realize that today's consumption directly affects what is available for future generations," Jacobson said.

Thinking about the global impact of future generations is the heart of this proposal, Bengtson said.

"The fee will benefit students in longevity compared to other fees that only impact them within four years," Bengtson said. "There will never be a moment where we can stop considering our carbon footprint. We need to get to that sustainable level."

RADIO-THON



Photo by Jasmine Clay
Radio host Dixie Kelly is heard throughout Salisbury and the surrounding area on weekday mornings on 97.5.

During the past 14 radio-thons, Cat Country Radio has raised a total of \$566,000. The station's goal for this year is to reach the \$600,000 mark.

"Our goal is to raise as much money as possible to help save children's lives and fund the research necessary to do so," Kelly said.

Anyone who decides to donate money will have the opportunity to become a Partner in Hope.

"What a Partner does is sign up to be a monthly donor of a minimum of \$20 a month," Kelly said. "It's automatic and will be the one good thing about getting your Credit Card statement each month—knowing that you helped save a child's life."

During the radio-thon any donor who signs up to be a Partner in Hope will be eligible to win prizes,

Date: March 7-8
When: 6 a.m. to 6 p.m.
Donate at CatCountryRadio.com or call 1-800-275-9150.

including concert tickets, autographed items, restaurant gift cards and more.

Currently it takes \$1.8 million per day to operate St. Jude research Hospital, due to the hospital's unique system that does not require patients' families to pay for their medical expenses.

Becoming a Partner in Hope can supply numerous benefits for patients at St. Jude, including, but not limited to, blood count tests for five children or help to pay for a CT scan which provides parents with information and answers about their child's health.

DPR plans move to East Campus

BY JUSTIN MCCLURE
Staff Writer

Local radio station Delmarva Public Radio will be forced to vacate its current location after the demolition of Caruthers Hall this summer.

The station is set to move to the East Campus Complex near the Power Professional Building. The two stations, WSCI, 89.5, and WSDL, 90.7, make up DPR, and broadcast to its listeners a myriad of classical music, talk shows and current news topics.

Change can be a good thing, said Jean Goblinger, a community member and Salisbury University professor.

"As long as they are still able to broadcast, it shouldn't matter where they are broadcasting from," Goblinger said.

With the incurring move, prominent issues still remain concerning financial concerns and decreased listenership, said Interim Executive Director of the SU Foundation Jason Curtin.

"Funds come from the public and underwriting, at this point the community needs to show it's (backing) through financial contributions and support," he said.

Enjoying the news and discussions that are broadcasted, listeners like SU student Reed Shelton are among those that support the station wholeheartedly.

"They take journalism seriously and don't bombard me with the sort of fluff stories or entertainment news drivel that seems all too frequent in the modern news industry," Shelton said. "If I were to suddenly come into a decent sum of money, I would happily donate a reasonable amount to the station. They're doing a commendable job for a noble cause."

The station has a budget of approximately \$1 million, with other funds contributed by various organizations such as Friends of Delmarva Public Radio and the university.

Founded in 1987, WSCI began by broadcasting classical music to the Delmarva Peninsula. In 1998, 11 years later, WSDL joined them and since then Delmarva Public Radio has been broadcasting 24 hours a day to over 40,000 listeners.

The mission of Delmarva Public Radio is to provide quality program services that educate, inform and entertain in ways that meet the public's particular needs, Curtin said.

Goblinger agreed with Shelton on the hard news style of the station.

"The information they are providing is real news that is important and current," Goblinger said. "It is nice to have a program dedicated to newsworthy topics."

Listenership has dropped by over 20,000 according to recent ratings from 2009 to 2011. Aside from the popularity of DPR's talk shows and classical music, listeners agree that the station should begin to target younger listeners if they want to increase their listenership.

"Unfortunately, many of the younger listeners are interested in more music, less talk," said Goblinger. "I think incorporating issues that the younger generation faces may help make the program more versatile and desirable."

Regardless of funding and listenership, DPR prides itself in its engaging, informative and entertaining radio shows, and its ability in providing a product that best serves the local community. For more information on Delmarva Public Radio and their content visit their website or tune in at any time for music and news.

Higher minimum wage could affect student workers, university budget

BY BRIANA BISHOP
Staff Writer

In President Obama's State of the Union address he called on Congress to raise the minimum wage to \$9 an hour, a \$1.75 bump from the current minimum wage of \$7.25. The stages of this legislation are set to go into effect by 2015.

The President urged Congress by saying that this would help with the economy's inflation and raise the incomes of millions of working families. He said that minimum wage should tie to the costs of living.

"Tonight, let's declare that in the wealthiest nation on Earth, no one who works full-time should have to live in poverty," Obama said. "Raising the Federal Minimum Wage could mean the difference between groceries or the food bank, rent or eviction, scraping by or finally getting ahead."

He said the current Federal Minimum Wage is covering a much smaller percentage of health care and education costs than it used to. Raising it will produce a much stronger middle class, the key to strengthening the economy.

"My work has mentioned it during conversation," said Robbie Gilroy, a bartender at The Deli. "We have to claim tips at the end of the night and what we claim affects the amount on our checks. I recently noticed a 3 percent decrease in my pay check, but what can I do?"

The Federal Minimum Wage limit affects prices and costs of daily expenses. SU budgets their spending in response to the economy.

SU Vice President of Administration & Finance for Human Resources Marvin Pyles said the administration is keeping a close eye on this legislation as it will affect on-campus employees.

"Any student employee who is working below the new rate would see an increase. That's fortunate for him or her, but any time there is a mandatory adjustment of wages, it impacts our budget in that it requires us to adjust financial allocations toward positions that are affected by this legislation," Pyles said.

"With limited funds, that new allocation has to come from somewhere else, thus impacting the campus. In addition, there is a domino effect in that it also creates a compression of salaries and wages when others are not getting the same bump."

A few extra dollars on a pay check has both positive and negative effects for everyone. Even people with full careers on salary will feel a hit.

The largest class in the nation is the working class, making \$7.25 an hour. Service sector jobs make up many of the places students work while going to school, both on and off campus.

SU senior Kevin Smith is a student employee of the University at the Information Technology Help Desk in the Teacher Education and Technology Center. He said he has mixed feelings about the legislation, as it could affect people on different levels.

"For people living off minimum wage, \$7.25 an hour is not cutting it," Smith said. "People with these jobs are putting their money towards living expenses and groceries. For other people, it could simply be pocket money. But at a national level, I do feel that raising it is important because people are not getting by with the cost of living."

Like Bishop, many SU students work part-time jobs in addition to attending school. Local businesses that employ students will be impacted as well.

When others are not getting the same bump."

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When others are not getting the same bump."

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NURSING

Through an internal internship, each student is guaranteed an opportunity to work at hospitals and various medical centers that range anywhere from Peninsula Regional to facilities in Easton.

Over the past five years, SU holds the state's best average pass rate of 95.29 percent. From the first semester onward, students break down problems in class that will later aid them with the examination.

In a time where both state and nation are facing a shortage of registered nurses, these results gain significant interest from legislators and donors alike. The Maryland Higher Education Commission provided SU with a \$1 million grant to help the department expand their doctoral program in Nursing in September 2012.

"I truly feel like what I do makes a difference. That is what every faculty member dreams of. It's like every student carries a piece of me with them. It reinforces why I went into teaching," Dr. Lisa Seldomridge

"The professor told me she witnessed my confidence and comfort level," DiMattia said. "Being recognized by such an established instructor showed that I had finally reached that level of approval."

"I truly feel like what I do makes a difference. That is what every faculty member dreams of. It's like every student carries a piece of me with them. It reinforces why I went into teaching."
-Dr. Lisa Seldomridge

Alumni of the program have established careers in all aspects of nursing. Seldomridge said this includes midwives, those who specialize in cardiac devices and flight nurses.

JR Guzman, who graduated in December 2010, is currently stationed at Balboa Navy Hospital in San Diego, CA. Guzman works on the Wounded Warrior floor where he receives a great foundation on all aspects of his nursing skills.

"At SU, I was able to travel to Tanzania, Africa where I taught locals about AIDS and HIV prevention. The instructors from my mental health clinical sparked a

new interest that never really faded, even over two years after graduation. SU armed me with a desire to help others, to travel and to take on mental health," Guzman said.

Spring 2012 graduate Samantha Godwin is now employed as a registered nurse at GBMC. She works on the telemetry floor, which focuses on cardiac monitoring.

"Salisbury's clinicals were really in-depth," Godwin said. "They dealt with every aspect and situation of nursing which gave me a real feel for it."

The department's next big goal, other than maintaining impressive pass rates, is to expand upon its doctoral program which began in the fall of 2012. Its high-caliber curriculum focuses on providing a doctorate for students who only hold a bachelor's degree and no master's.

Sophomore Katie Dottermusch recently gained entry into SU's nursing program.

"I am beyond excited, I feel both honored and privileged," Dottermusch said. "The pre-requisites were really difficult and the program itself is very selective."



Worried about registering for fall classes?

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Advisor Sign Ups are March 11-15

• In GullNet - find "Campus Appointment" link, select "Academic Advising" and look for your advisor's name (not all advisors use the online system)

• On a sign-up sheet posted on your advisor's office door

EDITORIAL

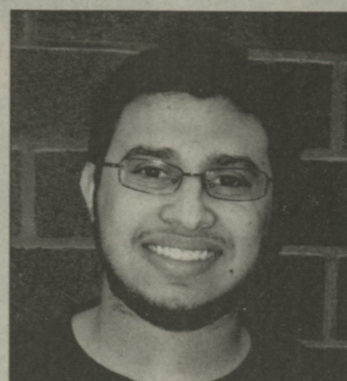
Volume 42, Issue 5

March 5, 2013

Overheard: How do you plan to participate in SU's Stop Hatn' week?



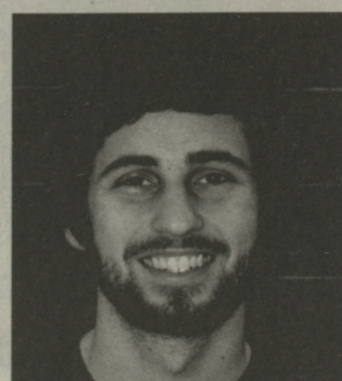
"I'm trying to go to one of the events, but also in general I'm trying to be kinder and more aware."
-Kayla Erculiani, Freshman



"I'll probably go to the board breaking on Friday, it looks really fun."
-Sam Kherdeen, Junior



"I'm sharing a poem at Open Mic Night."
-Louisa Lamb, Junior



"The Tunnel of Opression was pretty eye-opening last year, I'll probably go to that again."
-Cottes Johnston, Senior



"As president of the LGBT club I'm going to support my friend performing at Open Mic Night. Also, I'll check out the Tunnel of Opression."
-Liz Ward, Senior

For coverage of Stop Hatn' Week read the follow up story in next week's issue of The Flyer.

America unites to end DOMA

BY TYLER GRAY
Staff Writer

Same-sex marriage. Just saying the name alone can spark a tedious debate that can walk

Medicaid, hospital visitation, estate taxes, pensions and family leave.

Does the state make it possible, or does it even have the ability, to make the playing field even for same-sex couples as it is for opposite-sex couples? While many aspects of marriage law are determined by the state, the state does not have the power to change federal regulations.

So already with the lines blurred, corporate America comes into the picture. What happens when one person of a same-sex couple gets their tax form and they have to pick single or married?

Employees are being forced to pay more for filing taxes, health benefits, estate planning and many of the other things already listed. Even the company gets confused when they have to be forced into treating their employees differently simply because of their sexual orientation. For instance, gay employees who add their partners to their health benefits are taxed on the value of that coverage because their unions are not federally recognized. Opposite-sex married couples are not subject to the tax, so some employers have attempted to equalize the playing field by covering the extra costs for same-sex employees.

As a result, more than 200 companies are arguing that the law banning same-sex marriage imposes a serious administrative and financial cost on their operations. These companies are rallying together and filing a supporting brief with the Supreme Court urging it to overturn at least a section of the DOMA that denies federal benefits and recognition to same-sex couples.

This is a very significant step in the right direction for this country. These companies are recognizing that it's time to become tolerant, and if I may speak freely (and I will because this is my editorial and I can say whatever I want) I agree if two people want to get married nobody should

try to stop them. Confession time! I'm a Christian. I'm not gay, but I know if I was and I wanted to get married, I would literally want to drop the person that says it's not okay because the Bible says it's not. In fact, I probably would drop them. All in all, the issue doesn't affect anyone besides the people who are getting married. Fifty years ago it was illegal for an interracial marriage. Is anyone going to try to stand up now and say that it's not okay for me to date my half-black girlfriend of the past year? I dare you.

The reality of the situation is that times are changing. We're progressing into the future and the truth is that one day same-sex marriage will be legal all over the country. These companies know that, and they are preparing for it now. They are trying to win same-sex couples to their side, so that they will remember who was there for them when even their own government wasn't, a brilliant business tactic that will develop hardcore customer loyalty.

Children today are being raised to be tolerant of religions, races, and sexual orientations. The most heart-warming news of all is that it's working. And one day, making fun of someone for being gay will be completely in the past.

It's our responsibility as a class, as a school and as a country, to show the rest of the world that we are not a group of intolerant, stupid, power-hungry Americans. We are loving, we are tolerant and we are a family.

If you can take one thing from this article, I would say make it a challenge to do one thing today, this week or this month and stand up for someone who is gay. If that opportunity doesn't present itself, try to talk to your friends, and see if you can't open someone else's mind. It's time to make a better tomorrow and a brighter future. Let's start with Salisbury, and the rest of the world will follow.

The Flyer

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Editorial Policy: Letters are welcomed and encouraged. Students, please include your name and your class. Faculty members, please include your department. Letters should be no longer than 400 words. The Flyer reserves the right to refrain from publishing any text. Deadline for submission is Wednesday at 5 p.m. Please email us the letters.

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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

The sequester shows that the Tea Party ideal of undermining government hurts hard-working Americans. Since their extremism has made significant gains in Congress since 2010, the sacrifice of compromise for the sake of ideology has become the new normal on Capitol Hill. Unless this trend is reversed, there will be nothing but more deadlock and brinksmanship.

Are villains still 'evil' in modern media?



BY ASHA AZARIAH-KRIBBS
Staff Writer

It's not a bad thing—not necessarily.

After all, it has given us some of our favorite movies and books, from "Despicable Me" to Stephanie Meyer's "Twilight." But can the dividing line be drawn between good and evil? It may be more difficult to identify a clear distinction between the two in the present day.

A popular representative of a former icon of inhuman cruelty made something fuzzier and adorable would be that of everyone's favorite ogre, Shrek. "Shrek" takes the fairytale image of a monstrous beast that would sooner gnaw men's bones than wish them a fair good morning and creates the image of a misunderstood, good-hearted individual whose only crime is in being "different." It is the ugly duckling concept, revised.

The danger here is not Shrek himself. He is an exemplary hero. The difficulty rises from, in an effort to underline his virtue, what was once obviously good (Prince Charming, for example, and the whole concept of knights in shining armor) is now itself the cause of violent harm and malice.

The same theme, if somewhat more delicately, defines the 2010 film "Megamind." While thoroughly enjoyable, the concept remains that evil is misunderstood, and beneath all that suave and blue-faced villainy there lies a hero with a heart of gold. The superhero is a pampered, spoiled figure who cannot see past his own ac-

complishments to the genuine suffering of his nemesis.

"Megamind's" predecessor, "Despicable Me," follows the same tack. Is Gru a villain? There is no indication that his deeds are ever anything but mischievous, and by the film's end it's certifiable that this supervillain is simply a misfit in need of love and acceptance.

Speaking from the perspective of an avid appreciator of comic books, it is nice to see supervillains redeemed, but they can lose some of their edge in translation. These are the personalities we love to hate, who we appreciate for their black-hearted and gleeful audacity even as we look forward to the hero putting them safely behind bars, as justice dictates.

Let's consider a classic example, Milton's Satan in "Paradise Lost." What would his reaction be to a gentle interpretation of his deeds, to the label that he is only confused and in need of assurance, of comfort, in the midst of the inferno he has created for himself? "Better to reign in Hell than to serve in Heaven" is not a declaration of defiance, but a cry for understanding.

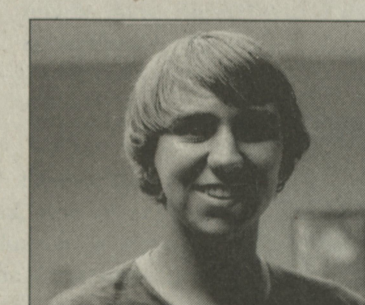
I daresay his response to this compassionate perspective would be nothing less than colorful.

In some cases, this modern sensitivity may be an improvement on the old. While the possibility of simply being born evil remains, there is no doubt that misfortune can create resent, hate and delinquency. Realizing this can make a person less quick to judge others and, hopefully, more ready to help those who are caught in a tide of prejudice and injustice.

On the other hand, let's face it. The vampire in legend drinks the blood of helpless human victims, who eventually die, but at dusk rise from their coffins under a form of demonic possession and seek out new prey, possibly their own former loved ones, to slake their unholy thirst. Can it get any more evil than that?

How far is the imagination willing to go in revising villainy into a form of misinterpreted heroism?

What college students need to know about the sequester



BY STEVEN CENNANE
Editorial Editor

The \$85 billion federal spending cuts that went into effect at 11:59 p.m. on March 1 will likely affect Salisbury University directly in two important areas. Financial aid and research, both of which are partially funded by federal grants, are expected to take a huge hit unless Congress can resolve this issue within the next few weeks.

The state of Maryland is highly dependent on federal employment in many areas due in large part to the state's proximity to Washington D.C. If sequestration is not resolved in the next few weeks, the ripple effects on the state budget could highly affect education, including tuition and salaries.

Universities all over the state are bracing for the spending cuts.

In a similar email sent out to all schools in the University of Maryland System, students were told to expect "reductions in federal work-study aid which will affect a number of our undergraduates."

It is not just universities that are expecting cuts in research programs. The National Institutes of Health and the National Science Foundation are expected to experience vast research cuts as well.

Many students who receive college loans from federal financial aid and student loan programs may suf-

fer such a significant cut that they will have to turn to private financial aid companies instead, which provide loans that have a much more burdensome interest rate and are, unlike federal programs, excludable services.

There are a number of reasons why we are experiencing sequestration in the first place.

Sequestration was an idea by President Obama with the intention of forcing Congress to work together and pass a budget. Sequestration cuts programs that both parties hold dear to their hearts, like education, research, vaccination programs and food inspections for the Democrats and the military for the Republicans.

The idea of sequestration may have been President Obama's, but the brunt of the blame needs to go to Congress, which is absurdly inept at its job. First of all, Congress was on a week-long President's Day vacation, which instead should have been spent on trying to avert the cuts. SU didn't even get President's Day off. Congress should not have a longer President's Day vacation than college students.

Congress has also been terrible at making tough decisions over the course of these past two years. The spirit of compromise and civil debate that the United States was founded on seems to have been completely eradicated from the halls of Congress.

The sequester shows that the Tea Party ideal of undermining government hurts hard-working Americans. Since their extremism has made significant gains in Congress since 2010, the sacrifice of compromise for the sake of ideology has become the new normal on Capitol Hill. Unless this trend is reversed, there will be nothing but more deadlock and brinksmanship.

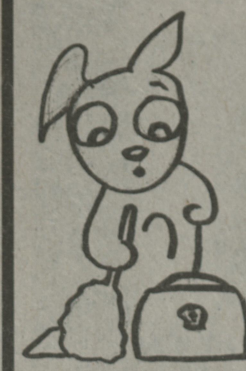
THE FLYER

EDITORIAL

5

The PERILS of DUST BUNNY

I found it.
The Treasure.



Run, Bunny!



The dragon is too fast.
I'll wave my magic wand!



Oh, no! Bunny, my room is
a mess!
What are you doing with
the duster...and my jewelry
box?



Epigenetics: Take control of your biological destiny

BY AMANDA BIEDERMAN
Gull Life Editor

If a giraffe stretches its neck to reach food, it will grow longer. The giraffe's offspring will then be born with longer necks, just like its

parent. Over time, giraffe's necks rose higher and higher until they got to where they are today. It makes perfect sense. If you get plastic surgery, your children will be more attractive. If everyone gets their wisdom teeth taken out, no one will ever be born with the problem ever again.

This was the basic premise of Jean-Baptiste Lamarck's "acquired characteristics" paper in 1809, and it was a theory that made the 65-year-old French naturalist a permanent laughing stock of evolutionary theory history.

Lamarck's research seems ridiculous at first, and in many ways, it was. But research is now showing that, on a molecular level, Lamarck wasn't too terribly far from the truth.

Science is suggesting that the way you live can cause changes to the way your genes are expressed. These changes can actually be passed onto your children.

This is called epigenetics, and it's huge right now.

Basically, we all have a genetic sequence made up of 6.6 billion base pairs (As, Ts, Gs, Cs). Although almost everyone's sequence is nearly identical, the small changes in bases is what makes you different from the person sitting next to you. These letters code for different proteins, which are the reason you're alive right now.

Here's the thing: You can change how your DNA works, without changing the actual letters. Cortisol levels, methylation and other factors can explain how

your genes are expressed. This becomes a big deal when you realize that these changes can be passed onto your children.

One recent epigenetics experiment by the Traumatic Stress Studies Division looked at mothers who had given birth soon after being personally affected by 9-11. They found that children were born with the tendency to react with "unusual levels of fear and stress when faced with loud noises, unfamiliar people, or new foods."

Just to clarify, these babies were not affected by their mothers' stress after birth. Something about the mothers had physically affected these children in the womb.

Epigenetics has been studied extensively in many small animals, and an Arizona State University study published this month showed that epigenetics shapes the social rank of ants. The Florida carpenter ant is made up of two female castes: The higher ant, comprised of one queen, is stronger, fertile and able to hunt. The lower caste is made up of smaller, calmer individuals that generally nurse the colony's young. (All male ants are workers)

The thing is, the queen is functionally very different from her fellow female ants, but effectively identical genetically. If you only looked at their DNA, they would be clones.

So what's going on? We don't know everything yet, but we do know that a certain gene called CBP is being turned off in the lower caste, suppressing their dominance. This is passed on through the colony's generations.

There's still a lot to learn about this field, but one thing remains clear - it's more important than ever that we take care of ourselves. Because if we engage in risky behaviors - say, smoking - we're probably changing the way our DNA works. And this change is going to our children, putting them at a disadvantage from the start.

We will physically affect the state of humanity; the responsibility to take care of ourselves extends to not only our own futures, but the future of our descendants. Now that we know this, we need to act now.

"We will physically affect the state of humanity; the responsibility to take care of ourselves extends to not only our own futures, but the future of our descendants."

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NBC comedians bring act to SU

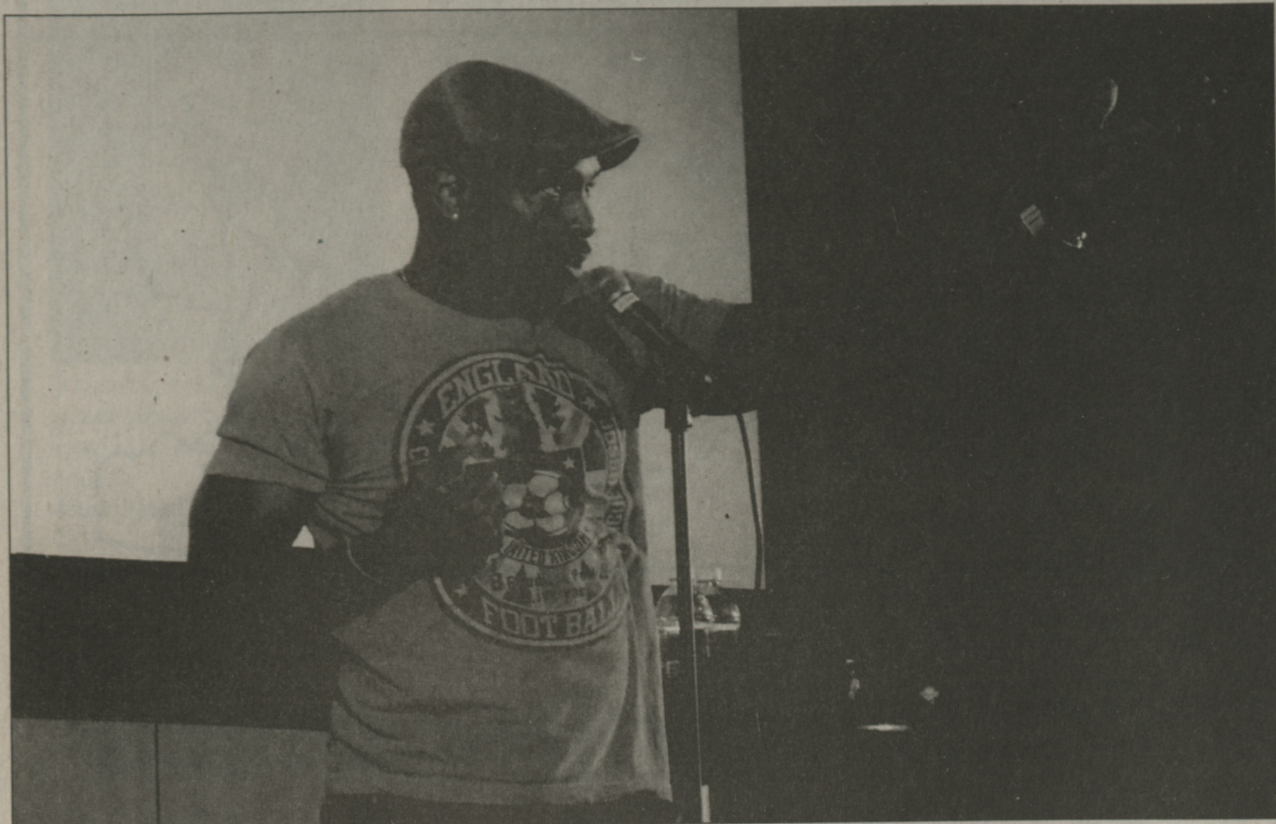


Photo by Morgan Eggink
Comedian Ty Barnett dramatically illustrates a joke at Tuesday's Comedy Night in the Perdue Hall auditorium.

BY DYLAN CRAIG
Staff Writer

Perdue auditorium was filled with laughter on Tuesday night as comedians Ty Barnett and Alysia Wood shared raunchy stories and strange life lessons.

Both Barnett and Wood have been contestants on NBC's "Last Comic Standing," where in 2006 Barnett was runner-up.

They each have also won various awards for their comedic performances, and Barnett has been featured on "Comedy Central Presents."

Wood took the stage first with her own form of self-deprecating humor. She shared her stories of court-ordered anger classes, where she learned she couldn't tell her mom to "fuck off." She also opened up about a suicide attempt by taking a full pill bottle...of Midol.

These may seem like dark subjects for a comedy show, but Wood had a way with words, making even the most taboo topics seem like casual jokes.

One of her last tales was about a 'shroom trip on the beach where she lost a sandal, only to be recovered by Satan wearing an apron, who let her borrow a flashlight.

When Ty Barnett came to the stage the crowd was already primed and ready for more.

Barnett explained the wonders of seeing an albino midget and also shared his opinion on the gas prices.

"Gas prices go higher, drive-by shootings go way down," Barnett told the crowd.

Barnett ended with a Q&A, where a student asked him his age. When the student replied "Ew" to his answer, Barnett threw his head back laughing and told the student how hurt he was.

Sophomore Cody Sherman said he was surprised such popular comedians would make the trip out to Salisbury.

"I thought it was great," Sherman said. "I was surprised how funny they were for being in Salisbury, and I was glad they both performed for a long time."

Barnett and Wood did poke fun at the university's



Photo by Morgan Eggink
Alysia Wood from NBC's "Last Comic Standing" shares jokes and stories with Seagulls in the Perdue School of Business.

location. Wood called the plane she flew in on a "puddle-hopper," and Barnett said the lack of GPS reception was a sign of how far out Salisbury really is.

Sophomore Stephon Hill said he hopes to see more comedians at Salisbury University.

"I thought it was a pretty good performance," Hill said. "Both comedians won me over. I honestly couldn't stop laughing."

Netflix Picks: 'Frankenstein Created Woman' puts a new twist on a classic tale

BY ASHA AZARIAH-KRIBBS
Staff Writer

Perhaps science isn't so far removed from philosophy after all.

This is certainly the case in "Frankenstein Created Woman" (1967), fourth in British Hammer films' "Frankenstein" series.

Starring Peter Cushing as the mad doctor, "Woman" differs from most films inspired by Mary Shelley's classic tale by laying emphasis not on the practical but increasingly spiritual, selfless motives behind Frankenstein's misguided ambition to create a perfect human being.

Since his debut in "The Curse of Frankenstein," the famous anthro has somewhat revised his original in-

tenction of creating life simply to achieve fame in the perfection of a superbeing. When tragedy strikes in a small Bavarian village, Frankenstein's desire is not to create life, but to preserve it.

Frankenstein's young assistant Hans faces the guillotine for a murder he did not commit. His death is a prime opportunity to put Frankenstein's new apparatus to the test, machinery designed not to imbue life but to capture souls.

Hans' soul is trapped in the upstairs laboratory, only to find a new home in the body of his love Christina (Susan Denberg), who committed suicide when she learned of Hans' execution.

Unfortunately, Frankenstein's experiments never result in the solid, satisfy-

ing conclusion the baron desires. His performed soul transplant results in a plot for vengeance that later leads to that familiar sense of terror and outrage traditionally following close on Frankenstein's heels.

The real charm in this film lies in its immediate melding of the supernatural and natural. That souls exist is established immediately. And while Frankenstein is often portrayed as an iron materialist, here he accepts this evidence that there is more to life than turning gears and a crack of electricity with a graceful ease that would confound many of his incarnations.

With Hammer, the fascination lies not so much with the horror as with the adventure of exploring the unknown or seemingly impossible. What

their "Frankenstein" franchise lacks in scares it more than makes up for with nuanced character, particularly in Cushing's interpretation of Frankenstein.

These films excel, too, in the quaintly attractive atmosphere of a European fairytale village where the extraordinary is not only looked for, but anticipated.

"Frankenstein Created Woman" is a foray into territory generally rejected in Frankenstein films. There is something revolutionary in its union of the scientific world with that which science itself cannot truly explain.

It certainly makes it a film worth re-membering with the best of science fiction and adventure.

Dining Review

“★★★★★”
Hunan Delight

BY RACHEL THURMAN
Staff Writer

Located just outside Salisbury in Fruitland, Hunan Delight is a Chinese restaurant with more than 50 different menu options.

It is important to note that Hunan Delight is different than Hunan Palace, located directly across the street.

The Hunan Delight menu states, "Our General Tso's Chicken is known to be the best and is a must try."

I decided to try that with some shrimp fried rice.

Because I spent over \$15, I got a free egg roll.

I ended up getting the dinner size of the General Tso's chicken, which lasted me several meals with leftovers. The chicken was very good with just enough spice. The rice was a little dry, but I added some water to add moisture.

The shrimp fried rice has plenty of shrimp, and I would definitely order it again. I was surprised by the large portions.

Perhaps the reason the food was so delicious was because Hunan Delight says, "our success is due to hiring top N.Y. cooks, using fresh ingredients, and fast knowledgeable service."

The service was excellent. Normally I would call in my



Photo by Rachel Thurman
Fruitland restaurant Hunan Delight offers a wide variety of good Chinese food at cheap prices.

order, but I decided to order inside the restaurant. It was all ready in less than 10 minutes and I saw them freshly seasoning and cooking the chicken.

The food was cooked fresh and tasted delicious. I was greeted by a nice woman who explained the amount of food in a lunch special compared to a dinner size.

Hunan Delight uses cholesterol-free vegetable oil, which is nice to know because Chinese food isn't always the healthiest option. Luckily the food didn't taste greasy, and it was crisp.

For those who don't want to spend so much, Hunan Delight has lunch specials. There are 40 lunch specials and hot and spicy foods can be modified to medium or mild. Each special comes with plain fried rice.

Most of their lunch specials are no more than \$4.75 and you still get a large amount of food. If Chinese food isn't your thing, they offer barbecue ribs, pork, wings and fries.

I would give Hunan Delight a 5/5 stars for good food, great employees and an overall fantastic experience.

Next time you're in Fruitland be sure to check out Hunan Delight for some tasty food.

Price: \$5-15
Gull Card: No
5/5 stars

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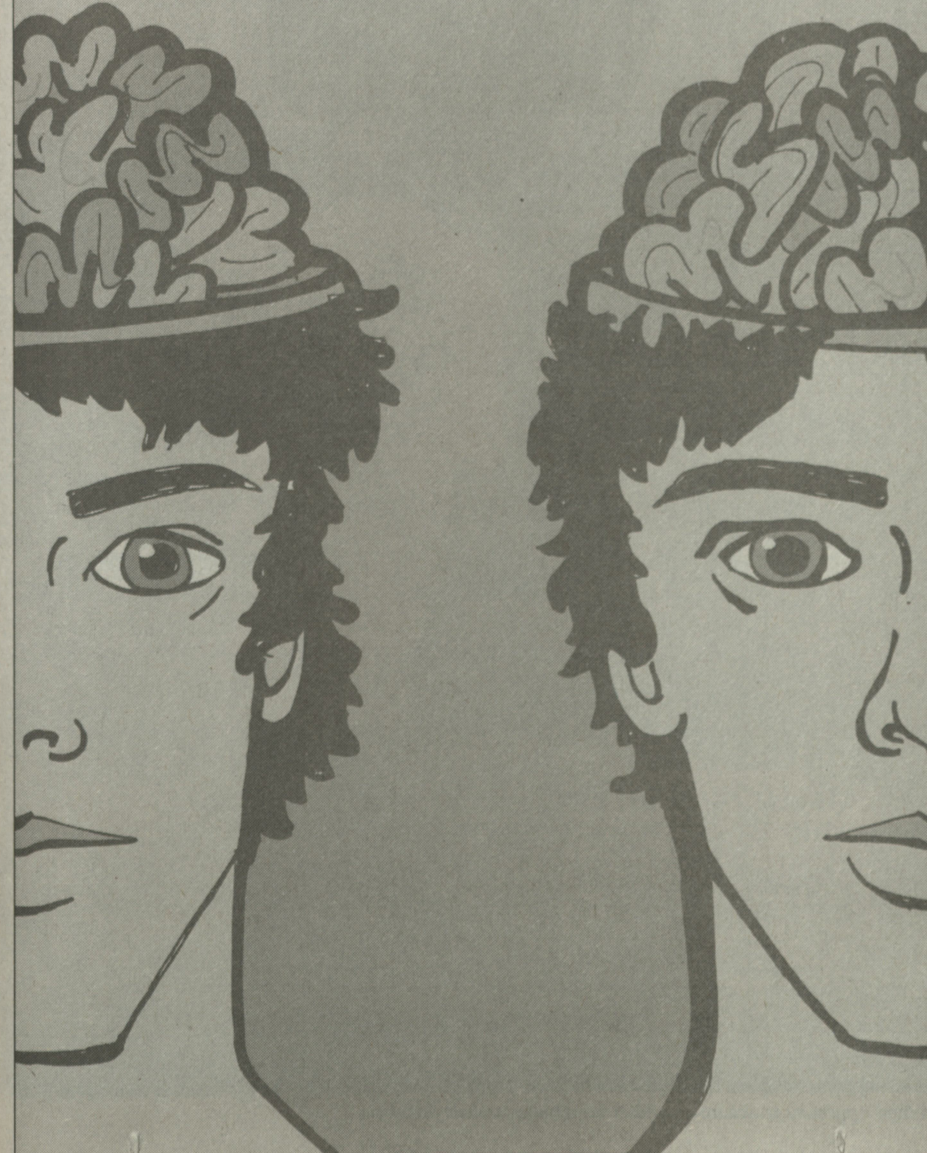
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Business reaches out to students, community

BY CYDNEE COKER
Staff Writer

Habitat for Humanity's affiliate, ReStore, reserved its spot at Salisbury University's housing fair with hopes of getting more recognition from students.

The ReStore is a nonprofit business that sells new and gently-used home improvement materials, furniture and appliances that it receives as donations from individuals and local businesses.

All proceeds go to Habitat for Humanity, which builds homes for underprivileged families.

Manager Jim Phillips said the ReStore is an invaluable resource for college students, but that few actually take advantage of its services.

"A lot of students don't really know too much about the ReStore until they come volunteer," Phillips said. "Hopefully by attending the housing fair, students who are looking to move into homes next semester will consider coming to the ReStore to help furnish them."

Phillips encourages students who may be moving out or graduating to donate their furniture. Anyone who donates will receive a tax credit and 15 percent off at Johnny Janosik World of Furniture.

Salisbury University and the ReStore have a long history. When the ReStore came to Salisbury, it built its first house on campus with the help of dozens of students and volunteers.

"We believe that homeownership and improving our neighborhoods is key to success and growth in the community," Phillips said.

This year all proceeds from Alpha Sigma Tau's annual event, Mock Rock, will go toward the ReStore. Mock Rock coordinator Shannon Matthews said AST believes they can help the organization better serve the local community.

"Donating the money will not only help the ReStore with future builds, but also help publicize it," Matthews said.

Theatre Review: SU's Camelot

BY PETE HICKS
Editor-in-Chief

The lights dim, the orchestra begins to play and the Great Hall in Holloway is transformed into a time machine that transports those inside it back to a young England.

The Salisbury University Theatre program's Camelot, directed by T. Paul Pfeiffer, is an entertaining mix of historical myth and relatable comedy that makes the musical a show that all viewers can enjoy.

The show begins with a musical performance by a live orchestra under the direction of William Folger. Under his direction the group of 13 musicians played music that could clearly be identified as English, setting the scene and taking viewers far away from campus.

When the curtain is finally raised the spectacular set, designed by Tom Anderson and Pfeiffer, is revealed to the audience. A larger than life rotating mechanism with a different set on each of its four sides allows the story to take place in different rooms of a castle, out in the countryside and in dark forests inhabited by mythical beings. The swift movement of the set makes for rapid scene changes without the need to wait for props to be moved, making sure that scene breaks don't take away from the experience.

The visuals are further enhanced by the costumes designed by Leslie Yarmo. Glittering fabrics, furs and layers of ethereal cloth alongside armor and coats of arms show the dedication and detail that is put into the show. Every knight has an individual coat of arms that is reflected in his clothing and every lady has a unique dress, helping viewers keep track of their favorite characters.

But all of this work would be for nothing without the skillful performances of the cast. British accents are perfected with very few slip-ups and only rarely did the music overpower the singing voices of the lead roles.

The role of King Arthur, played by James Bartlett Carpenter, is expertly cast. Carpenter's booming voice and commanding stage presence give believability to his place as King. Queen Guenevere, played

SU's Camelot
Place: Holloway Hall
Date: March 8-10
Time: 8 p.m., 2 p.m. on Sunday

by Brittany Eaton, displays a realistic mix of royal propriety and headstrong romanticism that make her dialogue comedic while also integral to the plot.

Lancelot, played by Michael Pistorio, shows an impressive command of the French accent, rarely faltering even during emotionally heavy scenes.

And the true comedy in the show can be found in the character of Pellinore, played by Joe Arnett, whose antics as a slightly senile old man are enhanced by his pet Horrid the Dog, played by a real dog named Matilda. Matilda's barking, even when unplanned for, was played off as part of the show in an effortless and professional way.

The chorus and minor roles seemed almost inconsequential in the beginning where they lack character development. As the show progresses however, their individual personalities shine through in harmonized choral numbers such as "The Lusty Month of May" and "Fie on Goodness!" and also in their use as comedic relief.

Even the characters of Mordred and Morgan Le Fay, played by Michael Windsor and Sarah O'Malley respectively, who were introduced late in the musical, received enough character development to become believable in a very short amount of time compared to other roles thanks to the well played eccentricity of the actors.

Few faults can be found in Camelot. The only noticeable technical difficulty of the entire show was when the door of the set was left open and was closed mid-scene, and for the most part the actors' voices were clear and understandable during dialogue and songs. The only real detriment to the show is the run time, which is three hours long including intermission.

But for those who want to experience the world of King Arthur and the Knights of the Round Table, three hours may not be enough.



Photo contributed by Salisbury University
The leads of Camelot pose regally on the stage in Holloway Hall. From left to right Queen Guenevere (Brittany Eaton), King Arthur (James Bartlett Carpenter) and Lancelot (Michael Pistorio).

Get healthy at UFC with fitness classes



Photo by Kevin Cunningham

Students get pumped up and work hard to achieve their health-related goals during Amy King's kickboxing class at the University Fitness Club.

BY AMY MCFARLAND
Staff Writer

Spring break is approaching, which means warm weather and short shorts will soon emerge. But along with beach clothes come beach bodies, which are difficult to attain under piles of homework, midterms and easily accessible junk food.

For those who are looking to prepare for the upcoming season, a group fitness class at the University Fitness Club might be the place to start.

From kickboxing to yoga, UFC has over a dozen group fitness classes to offer for Salisbury University students. Despite the demanding workouts, students of all fitness levels have been joining the movement to get fit with their friends.

"UFC offers a lot of wonderful classes," Yoga instructor Shanna Hubbard said. "It's just a great opportunity to come together and exercise."

Zumba is a particularly popular class that combines dance moves from many genres with workouts like butt kicks and jumping jacks. The high energy workout had the room packed with girls, many of whom came with friends.

"A sophomore friend told me about it, and it was just something fun to do together," said freshman Elise Adamopoulos.

Another student, junior Christina Bell, heard about Zumba from a friend who is an instructor. "The movements are challenging, but it's a good cardio workout," Bell said.

For students who might get their feet tangled in Zumba, there are

many other challenging classes offered. The cycling class involves intervals of increased speed and resistance to work up a sweat.

"Spinning's really great because you can cater it to whatever fitness level you're on, and you burn tons of calories," Instructor Ashley Stone said.

Another intense workout is kickboxing, which teaches moves like uppercuts and back kicks between jumping and sprinting in place. Senior Jessica Michaels discovered the class after looking to sign up for Body Pump, which had already filled.

"It's intense, and my whole body feels it," Michaels said. "All of the instructors are very encouraging." Kickboxing instructor Amy King said the class interested her when she came across it in one of her exercise science classes.

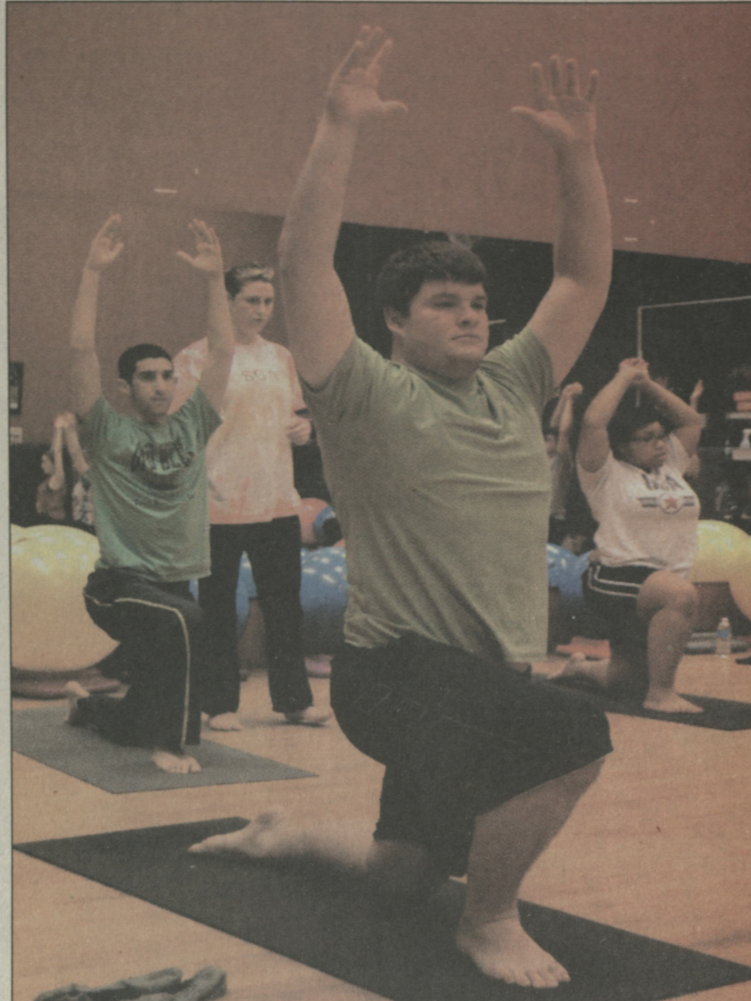


Photo by Kevin Cunningham

Lady Gulls aren't the only ones who partake in yoga classes at the University Fitness Club. Everyone can sign up for a session to improve their physical health through exercise.

"You sweat profusely, and you get to learn self-defense moves, which I think is awesome for any body," King said.

After a stressful day some students look to a less strenuous activity like yoga. Junior Demetri Vrahnos attended the class to help with his athletic career.

"I play tennis here at Salisbury, and it helps out a lot with athletics and flexibility," Vrahnos said. "It makes me feel loose."

UFC also offers an abs class, Body Pump and several other combination activities such as Center

of Gravity, a fusion between yoga and pilates. While there is a variety to choose from, classes tend to fill up quickly since students can sign up online ahead of time.

"All of the instructors here are very encouraging, but sometimes it gets too full in here," Michaels said.

To reserve a spot in a class or view the group fitness schedule, visit www.salisbury.edu/fitness-club.

SU baseball clears out New Paltz State in doubleheader victory

BY DAVID CABRERA
Staff Writer

With a doubleheader split against Cortland State on Feb. 24, the sixth ranked Salisbury University baseball team was looking for a doubleheader sweep Saturday afternoon against New Paltz State.

With a 5-0 victory in the first game and a close 4-3 win in the second game, the Sea Gulls (6-1) did just that.

The first game against the Hawks (1-4) was marred with early missed opportunities for the Gulls' offense.

Four base runners were left on base through the first two innings.

With the offense's early struggles, senior starting pitcher Andrew Levy and the Gulls defense limited the Hawks to just three hits through three innings, with Levy getting one of his two strikeouts of the game in the second inning.

As the bottom of the third began, the Gulls started their offensive surge.

Senior left fielder Nick Gentry and junior first baseman Quinn Griffith hit back to back singles to start off the inning.

After a bunt attempt by senior designated hitter Evan Graci to move

Gentry and Griffith to second and third, junior shortstop Ken O'Neill drove both of them home on a two RBI single, giving the Gulls an early 2-0 advantage.

After three scoreless innings, the bottom of the sixth was started by a single to left by sophomore right fielder Kyle Hayman and a bunt by junior second baseman Johnny Schiotis.

A passed ball by New Paltz State on the next at-bat scored Hayman to make it 3-0. Schiotis made it 4-0 when he was brought in by sophomore third baseman Bobby Sanzone on an RBI fly to left.

Two batters later, after Gentry got on base with a single, Griffith finished off the scoring by singling to the right to score Gentry, making it 5-0.

Sophomore pitcher Kyle Hamby came in for Levy to finish off the Hawks in the seventh inning.

The second game, unlike the first, started off fast for Salisbury.

In the bottom of the first, Griffith hit a double to right, scoring on a fielding error to make it 1-0 Sea Gulls.

Griffith went 5-6 at the plate in the two games, scoring three runs.

After a scoreless second and third, junior shortstop Ken O'Neill scored two runs off of sophomore starting pitcher Brett Collacchi in the third, forcing the Gulls to turn to sophomore pitcher Dan Fein.

The Hawks, however, tallied one more run in the inning to make it 3-1.

After the third inning Fein shut down the Hawks the rest of the way, going 4 2/3 innings and striking out three batters.

Down 3-1, the Gulls' offense needed a spark.

With Griffith, Sanzone, and Graci on base in the bottom of the third, O'Neill hit a single to right scoring both Griffith and Sanzone to tie the score at 3.

After setting down the Hawks in order in the top of the fourth, Kyle Hayman and the Gulls offense went to work in the bottom of the inning.

After he got on base with a walk, Hayman stole second and then reached third on a passed ball.

Sanzone then singled up the middle to bring Hayman home, providing the winning run.

The Sea Gulls next series at home is a doubleheader this Sunday against Gallaudet University.



Photo by Justin Clay

Going through four pitchers during the doubleheader against New Paltz State, the SU baseball team soundly defeated their opponent to secure a number six ranking in their division.

Athlete Spotlight Michelle Gravdahl



File photo

BY SAMANTHA BABO
Staff Writer

Two time All-American athlete Michelle Gravdahl is playing her last season of softball at Salisbury University and will soon be graduating in the spring with a degree in nursing.

Gravdahl is from Ellicott City, Md. and has been playing softball since she was 8 years old. She played in a league called "travel ball," when she was 9 years old, and her love of softball led her to play at the collegiate level.

Gravdahl was an outfielder for SU her freshman year. After getting acquainted to the team they realized that she would be better as a catcher, and has started for the Seagulls as catcher since her sophomore year.

Gravdahl said she decided to go to SU because she knew they had had a great nursing program, a great softball team and knew that the softball coach, Margie Knight, was terrific.

When Gravdahl graduates in the spring, she plans on using

her major to become a pediatric nurse. She is open to many other options in her field, but she said she really loves working with children and newborns.

Being a student athlete, there are many challenges she faces because of having such a busy schedule. However, she finds the time to balance everything out. Between her softball games, tournaments and practices, she somehow finds the time to go to her internship and get all of her schoolwork done.

One of her professors, Chris DiPasqua, said she is a great role model for emerging young athletes who want to play sports at a college level along with rigorous academic pursuits.

"I truly believe that student athletes such as Michelle have developed the skills that require mastery upon the athletic field that transcend into the classroom and beyond, which yield professionals who are committed to going the extra mile to yield excellent practice," DiPasqua said.

Michelle has a great physical

appearance on the field not only because she is 5'9 but because of her talents and determination while she is playing softball. She will be a great loss to the softball team next year because of her many skills and also because of her easy-going attitude and leadership abilities. Coach Knight said that she will leave a great example for the team to follow in the future.

"We try not to look back and always look forward, but she will leave a great legacy here at Salisbury University," Knight said.

So far this year the team won their first double header against East Mennonite University and expects to win their upcoming games and tournaments.

Gravdahl is looking to have a great season this year even though the team has lost two essential seniors from last year. This year the Sea Gulls have 16 returning players and hope to take advantage of their many experienced team members to win the Capital Athletic Conference championship once again.

Track team dominates Lloyd Sigler spring meet winning in 17 events

BY ASHLEY MARTIN
Staff Writer

Salisbury University's track team had their first outdoor home meet in freezing weather on Saturday, March 2.

Athletes from SU and other schools like Shenandoah College, Stevenson University, Gallaudet University, and Middlesex College gathered on a cold Saturday for the Lloyd Sigler Spring outdoor meet. SU track alumni also attended to support the team and even participate in some of the events.

The Sea Gulls came away with many competitive wins. The men walked away winning 11 events, earning 330 points, and the women won six events, earning 250 points.

"It's a lovely experience having all the teams come out and see where we're at," sophomore Devin Hopkins said. "We're trying and working hard to make qualifiers this year. That's our goal."

Hopkins won the 110-meter and 400-meter hurdles along with the long jump. He was neck and neck for the first place spot in the 400-meter with teammate Blake Bussard, only beating Bussard by a second and a half.

Junior Kara Tolson was named fastest woman at the meet when she won first place in the 100-meter dash. Freshman Lauren Synder followed behind her, winning second place. Senior Jacob Adedeji won first in the men's 100-meter dash, and Senior Adrian Jackson claimed second.

"We're definitely showing that big contenders this year," Tolson said.

SU alumnus Chris Barnard came in first for the 3000-meter Steeplechase, finishing with a 9:40 record time. In the men's high jump event, freshman Xavier Stinson came in first with

1.85 meters, Adedeji second with 1.80 meters, and senior Paul Herbert came in third with 1.75 meters.

"Expect us to improve and do even better on the performances we had today," Herbert said the day of the meet. "We want to set ourselves up good going into the CAC championship in May."

Sophomore Tara Greco took first place in the women's long jump with a score of 4.99 meters. Kara Tolson came in second for SU in the high jump event with 1.48 meters. Tolson and Synder along with teammates sophomores Brooke Schulz and Ameerah Teal took first place in the 4x400-meter relay with a time of 4:25.

As the competitions continued snow flurries appeared on and off throughout the day. Fans and supporters were wrapped in blankets and heavy coats to cheer on the teams.

"This was one of those meets that tested us because of the cold weather," Tolson said. "But we showed how prepared we were by still coming out on top."

"Despite the cold conditions, we did great in the competitions," Coach Jones said. "Hopefully we can keep it up and stay healthy for the CAC championship in May, which will be held here."

Both teams wanted to show through their performance that they are looking forward to their outdoor season. Junior Sadie Mangold said this meet gave them a great transition from indoor to outdoor, and that their performances showed off all the practice they put in.

The teams are looking forward to their next meet in Winston Salem, NC at the Wake Forest Invitational on March 15 and 16.

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